

Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, Negro Home Demonstration Agent

Four home demonstration club women met in the office Friday to begin making plans on the 1959 program of work. The discussion centered on needs in the different projects. From our needs, objectives and goals will be made for our monthly home demonstration club work and county activities. Those present were Mrs. Lucy Willis, Cisco; Mrs. Mattie Jordan, Center Hill; Mrs. Cleo White, Green Hall and Mrs. Mable Jordan, Edenton.

I made several home visits last week and I would like to bring to your attention some results obtained when a family plans and works together. I was at Mrs. Raxie Roberts' home, Route 1, Edenton, and she said, "come into the kitchen and see what our children helped us get this summer." There I saw a large cabinet sink with running hot and cold water and an electric hot water heater. Her children—Leon, Ella and Donald, are all in school but they worked this summer and gave part of their earnings on this project, so, as they said, "mother can enjoy this convenience now." Leon is a junior at A. and T. College, Ella a freshman this year at State Teachers' College, Elizabeth City and Donald a senior at Edenton High School. I know there are other families, too, in our county who are making similar progress by planning and working together. You are asked to give me the details.

Let us continue with the importance of a good breakfast. Last week we discussed what's in a good breakfast and what a good breakfast does for us.

Most families like a change in their breakfasts. Here are a few suggestions.

The fat in the spread for your bread or in fat meat helps breakfast to stick to your ribs. That's because fat digests slowly and stays by you longer than most foods.

Most folks like a change now and again. Below are a few ways to get variety—and maybe surprises—into breakfast.

Enjoy old-fashioned shortcake for breakfast. Split biscuit and spread with butter or margarine. Use berries or other sweetened fruit as a filling and top. Serve with generous portions of whole milk or with cream.

Use stale bread to make an old favorite—french toast. Dip bread in a mixture of egg and milk or egg and tomato juice. Brown carefully in a little fat.

Brown in a little fat slices of left-over oatmeal or other cooked cereal, or corn meal mush. To slice and brown well, it must be thick and cold.

Chop cold potatoes and heat in a little fat, then scramble them with eggs.

Broil or fry tomatoes—red or green—and serve with bacon.

Scramble eggs with tomatoes. To serve 6: Beat together 6 eggs and a cupful of cooked or canned tomatoes. Season, and cook in a little fat over low heat, stirring constantly, until as firm as you like it.

Split left-over rolls, biscuits, muffins, or corn bread. Spread with butter or margarine, and toast in the oven. Or make bacon rolls by putting crisp brown bacon into toasted rolls.

Take a tip from New England and have Saturday night's baked beans for Sunday morning.

perhaps with codfish cakes and brown bread.

Mix fruits—berries with sliced peaches, for instance, or sliced bananas with orange—for change of flavor, and when you haven't enough of one kind to go around.

Vary cooked fruit flavor. Sprinkle apple sauce with cinnamon or other spice . . . or with raisins or chopped dried fruit. Add orange or lemon slices to prunes, figs, or dried peaches.

September Schedule

Tuesday and Wednesday, 4-H clubs were re-organized at White Oak Consolidated School.

September 11—4-H clubs at St. John School.

September 13 — Bake-off, 4-H Breadmaking, 11:00 A. M., at Mrs. O. S. Charlton's home.

September 15-16-17—4-H Clubs, Edenton High School.

Tuesday, September 16—Edenton HD Club, Mrs. Mable Jordan at 8 P. M.

Wednesday, September 17—Cisco HD Club at Mrs. Ella Dillard, 2:30 P. M.

Thursday, September 18—White Oak HD Club, Mrs. Ida Holley at 2:30 P. M.

Saturday, September 20—Home Demonstration County Council, office at 2:00 P. M.

Monday, September 22—Paradise Road HD Club, Mrs. Mildred White at 8:00 P. M.

Tuesday, Hudson Grove, September 23, Hall at 2:30 P. M.

Wednesday, September 24—Canaan Temple HD Club, Mrs. L. B. Coston at 2:30 P. M.

Thursday, September 25 — St. John HD Club, Mrs. Annie Lowther at 1:00 P. M.

Friday, September 26—Triangle HD Club, Mrs. Myrtle Wardsworth at 2:30 P. M.

Monday, September 29 — Virginia Fork HD Club, Mrs. Fannie Johnson at 7:00 P. M.

Tuesday, September 30 — Warren Grove HD Club, Mrs. Eietta McClenny at 8:00 P. M.

Wednesday, October 1 — Green Hall HD Club, Mrs. Mary Jernigan at 2:30 P. M.

Thursday, October 2 — Center Hill HD Club, Community Building at 2:30 P. M.

Friday, October 3 — Ryans Grove HD Club, Mrs. Mary Drew at 2:30 P. M.



THINGS HAVEN'T CHANGED MUCH—The modern mobile transport equipment of U.S. Marines halts while several desert ships pass by in Dikily, Turkey. Camels have been used by Mideasterners since ancient times to transport goods and an international crisis or two isn't going to change things.



"I have tomatoes growing on my potato vines. How come?" This is a perennial question and here is the perennial answer. Maybe some day the public will become well enough informed so that this question will not pop up every spring through the press.

The seed balls found on the potato plant contain true seed of the potato. These true seed are used by the plant breeder to produce new varieties. Parents are selected and crosses made on the flowers in the greenhouse. When the seed balls mature, the seed are removed and the cross classified. Then the seed of each cross are planted. When they come up, and while the plants are very small, they are set in two- or three-inch pots and grown until tubers form. The small tubers in each pot represent a potentially new variety. We grow thousands of them each year. It is an interesting story.

It is not uncommon to find

seed balls on potato plants in the mountains where climatic conditions favor the formation of seed. It is less common to find them in eastern Carolina; however, they do form under certain weather conditions, particularly if the temperature is cool during the period of bloom.

"I bought wilt resistant tomato plants and they are dying." Let's assume that you did buy wilt resistant varieties such as Homestead, Southland or Rutgers. There are two types of wilt. Fusarium and Bacterial. Resistance to Fusarium has been obtained by breeding but the job of licking the Bacterial wilt problem is yet to be accomplished.

Two teachers of Vocational Agriculture came to see me last week. They were loaded with plant specimens they wanted identified before rooting cuttings. I found lace bugs on some of the plants which reminds me to remind you to keep the sprayer or duster busy on your shrubs, fruit trees and vegetable crops.

4-H Club News

By CATHERINE AMAN, Assistant Home Agent

This week starts a new year for the 4-H program in Chowan County. This means two things—it is time to complete this year's project records, and it is time to select projects to carry during the coming year. Records should be completed and turned in the office no later than September 15. (I'll be glad to work with any girl who needs help in filling out her record book.) At the organizational meetings this month the members will select a project or projects for the coming year. There are many activities included in the girls' work: Clothing, food preparation, food conservation, frozen foods, home improvement, home management and others. To complete a year of club work each member must carry and finish one project plus the health project. Let's all get off to a good start with the program and make this one of the most successful years of 4-H work in Chowan County!

The Enriched Corn Meal Muffin Contest was held in the Edenton Home Economics Department on August 28. Two 4-H members participated in this

bake-off: Judy Haste and Judy Evans. Both of the girls did an excellent bit of work in the mixing and baking of their muffins. The judges had a hard time trying to place one girl over the other, but Judy Evans was declared the county winner. Judy Evans will represent Chowan County in the state bake-off. Her muffins will be sent to the State Fair, where they will be judged on a district and state basis.

One of the local 4-H clubs has already chosen an idea and sketch for a county fair booth. I urge all of you other members to begin immediate plans if you want your club to have a booth exhibit in the fair this year.

The 4-H Club schedule for the month of September is: Chowan School clubs will meet the second Tuesday of each month, and the Edenton School clubs will meet the second Wednesday of each month. Other scheduled meetings are:

Gliden Local—September 11.
Ryland Local—September 16.
County Council—September 17.
Center Hill Local—September 22.
Oak Grove Local—September 26.
Records are due in the county office September 15.

The Long and the Short

"She uses words I don't understand."
"Polysyllabic?"
"Yes, and some longer than that."

HOW JET TRANSPORTATION WILL EFFECT OUR LIVES

Famous reporter Bob Considine reveals what travelers can expect when they fly the huge jets to be put into operation by major airlines this year. Learn how flying time across the country will be cut in half . . . in September 14th issue of

The American Weekly Magazine in Colorgrature with THE BALTIMORE AMERICAN On sale at your local newsdealer.

Go Easy

"Mrs. Smith's pet dog has been run over; she'll be heartbroken."
"Don't tell her abruptly."
"No, I'll begin by saying it's her husband."

Barbaric Yell

Tourist (in Yellowstone Park)
"Those Indians have a blood-curdling yell."
Guide—"Yes, ma'am; every one of 'em is a college graduate."

"Wisdom of the Ages"

"Life's darkest shadow is that of Ignorance; Understanding is light and life."



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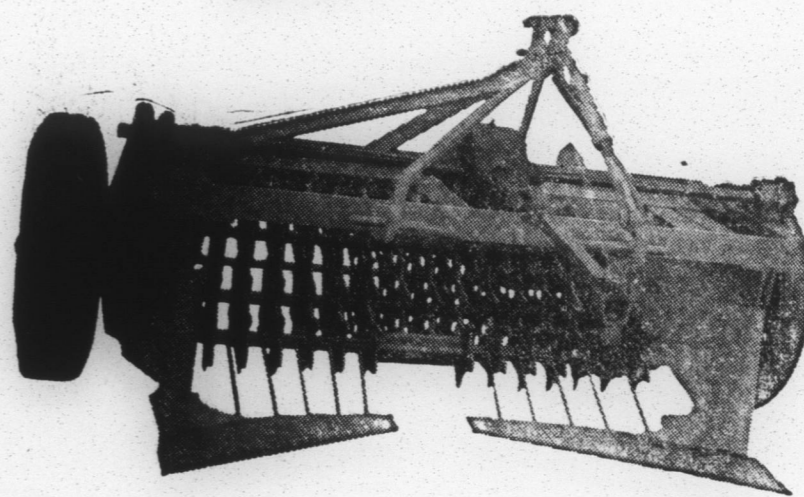
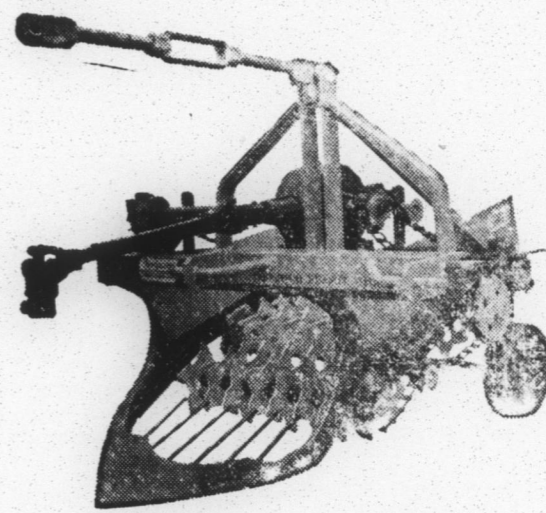
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